

Ensure® Surgery Immunonutrition Shake

BENEFITS ASSOCIATED WITH IMMUNONUTRITION*:

- ✔ Support surgical recovery^{1,2}
- ✔ Reduced risk of post-surgical complications^{3,5}
- ✔ Reduced hospital length of stay^{4,5}



Ensure® Surgery is an immunonutrition shake that is designed to support your distinct nutritional needs before and after surgery with a blend of arginine and omega-3 fatty acids (from fish oil). It also contains an excellent source of antioxidants zinc, selenium, and vitamins C & E.

Directions for use:

Consume 2-3 shakes per day for 5-7 days before and after surgery.

Ensure® Pre-Surgery Clear Carbohydrate Drink

PREOPERATIVE CARBOHYDRATE LOADING BEFORE SURGERY CAN*:

- ✔ Help reduce nausea, vomiting after surgery⁶⁻⁸
- ✔ Help with feelings of hunger and thirst before surgery^{6,9}



Ensure® Pre-Surgery is a ready-to-drink, strawberry flavored clear carbohydrate beverage that contains the recommended amount and type of carbohydrate for patients undergoing surgery. Compared to regular sports drinks, Ensure® Pre-Surgery contains on average 2.8 times more carbohydrates per serving (10 fl oz).

Directions for use:

On the night before surgery, consume 2 bottles before bedtime, within the fasting window as recommended by your healthcare provider. On the day of surgery, consume 1 bottle up to 2 hours before surgery.

Use under medical supervision.

*Studies conducted using formulas containing similar nutrients as Ensure® Surgery and Ensure® Pre-Surgery. Be sure to follow the nutrition program recommended by your doctor.

References: 1. Marik PE, et al. *JPEN J Parenter Enteral Nutr.* 2010; 34(3):378-386. 2. Moya P, et al. *Surg Endosc.* 2016; 30(11):4946-4953. 3. Farreras N, et al. *Clin Nutr.* 2005;24(1):55-6. 4. Celik JB, et al. *Eur J Gynaecol Oncol.* 2009;30(4):418-421. 5. Marano L, et al. *Ann Surg Oncol.* 2013;20(12):3912-3918. 6. Rizvanović N, et al. *Int J Colorectal Dis.* 2019;34(9):1551-1561. 7. Hausel J, et al. *Br J Surg.* 2005;92(4):415-421. 8. Singh BN, et al. *Surg Endosc.* 2015;29(11):3267-3272. 9. Canbay Ö, et al. *Int Urol Nephrol.* 2014;46(7):1329-1333.

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